

Whole Grain Southwest Popcorn

Makes: 25 Servings

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Ingredients	Weight	Measure
air-popped popcorn		25 cup
Margarine		1/2 cup
Ground cumin		1 tsp
Garlic powder		1 tsp
monterey pepper jack cheese	2 oz	

Nutrition Information

Nutrients	Amount
Calories	73
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	53 mg
Total Carbohydrate	7 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	17 mg
Iron	0 mg
Potassium	N/A
N/A - data is not available	

Directions

1. Pop 3 cups of popcorn kernals in an air popper. This will yield 24-25 cups of popped popcorn.
2. Heat margarine, chili powder, cumin, and garlic until margarine is melted. Drizzle over hot popcorn; toss. Immediately sprinkle grated cheese on popcorn. Serve warm or cold.

Source: Idaho State Department of Education, Child Nutrition Programs